

Student's Name/Initials

/

Date

Teacher's Initials

Date

## FOODS AND NUTRITION 2

**DIRECTIONS:** Evaluate the student using the applicable rating scales below and check the appropriate box to indicate the degree of competency. The ratings 3, 2, 1, and N are not intended to represent the traditional school grading system of A, B, C, and D. The description associated with each of the ratings focuses on the level of student performance or cognition for each of the competencies listed below.

### PERFORMANCE RATING

3 - can perform task independently with no supervision  
2 - can perform task completely with limited supervision  
1 - requires instruction and close supervision  
N - has no experience or knowledge of this task

### COGNITIVE RATING

3 - can apply the concept to solve problems  
2 - understands the concept  
1 - requires additional instruction  
N - has not received instruction in this area

#### **A. NUTRITION**

3 2 1 N

- |     |     |     |     |    |   |
|-----|-----|-----|-----|----|---|
| ___ | ___ | ___ | ___ | 1. | Evaluate food choices for nutrient density.   |
| ___ | ___ | ___ | ___ | 2. | Apply USDA Dietary Guidelines in planning and preparing foods to meet special nutrition needs.    |
| ___ | ___ | ___ | ___ | 3. | Create a plan to meet personal and family nutrition and wellness needs throughout the life cycle. |
| ___ | ___ | ___ | ___ | 4. | Develop nutritious menus for special occasions and special needs.                                 |
| ___ | ___ | ___ | ___ | 5. | Evaluate ethnic, regional, and international foods for nutritional content.                       |

#### **B. SAFETY AND SANITATION (ServSafe and Hazard Analysis Critical Control Point – HACCP)**

3 2 1 N

- |     |     |     |     |    |   |
|-----|-----|-----|-----|----|---|
| ___ | ___ | ___ | ___ | 1. | Exhibit safety and sanitation procedures during pre-preparation (receiving, handling, and storing). |
| ___ | ___ | ___ | ___ | 2. | Employ safety and sanitation procedures when preparing and serving foods.                           |
| ___ | ___ | ___ | ___ | 3. | Incorporate essential personal hygiene practices.   |
| ___ | ___ | ___ | ___ | 4. | Design a safe and sanitary working  |

environment.

- |     |     |     |     |    |  |
|-----|-----|-----|-----|----|--|
| ___ | ___ | ___ | ___ | 5. | Select appropriate procedures for administering basic first aid. |
|-----|-----|-----|-----|----|--|

#### **C. CONSUMER DECISIONS**

3 2 1 N

- |     |     |     |     |    |   |
|-----|-----|-----|-----|----|---|
| ___ | ___ | ___ | ___ | 1. | Model appropriate consumer decision-making skills.  |
| ___ | ___ | ___ | ___ | 2. | Examine the factors that affect consumer food purchases   |
| ___ | ___ | ___ | ___ | 3. | Determine appropriate consumer behavior when eating out (e.g. place order, display etiquette, review bill, calculate gratuity). |
| ___ | ___ | ___ | ___ | 4. | Analyze food labels to evaluate nutritional content.  |
| ___ | ___ | ___ | ___ | 5. | Compare conventional and convenience foods (taste, cost, time, skill, and nutrition).   |

#### **D. MEAL PREPARATION**

3 2 1 N

- |     |     |     |     |    |   |
|-----|-----|-----|-----|----|---|
| ___ | ___ | ___ | ___ | 1. | Integrate a variety of foods into meal planning.                |
| ___ | ___ | ___ | ___ | 2. | Prepare foods using various culinary techniques.                |
| ___ | ___ | ___ | ___ | 3. | Employ various food presentation techniques.                    |
| ___ | ___ | ___ | ___ | 4. | Prepare nutritious cuisines addressing the diversity of people, |

culture, and religion.

#### **E. TABLE SERVICE AND ETIQUETTE**

3 2 1 N

- |     |     |     |     |    |   |
|-----|-----|-----|-----|----|---|
| ___ | ___ | ___ | ___ | 1. | Demonstrate dining etiquette for culturally diverse groups. |
| ___ | ___ | ___ | ___ | 2. | Generate settings for the table or buffet arrangement.      |

#### **F. CAREERS**

3 2 1 N

- |     |     |     |     |    |  |
|-----|-----|-----|-----|----|--|
| ___ | ___ | ___ | ___ | 1. | Research career opportunities in food and nutrition field.   |
| ___ | ___ | ___ | ___ | 2. | Determine personal qualifications, interests, and educational preparation necessary for future employment. |